

Suggestions for Beginning Pickleball Players

Debbie Schwartz
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314-704-4038

1. Go to www.youtube.com and you'll find out the basics of Pickleball. There are lots of really good videos.
2. Beginning clinics at the Chesterfield Valley Athletic Complex. There is a \$10.00 cash fee upon arrival. This is a real bargain. Call (636) 812-9500 or write olderadults@chesterfield.mo.us. The web site is: <https://www.chesterfield.mo.us/cvac.html>. These clinics are run by John Callahan, a terrific instructor.
3. John Callahan also offers private and group lessons. Phone (314) 474-8400. His email is John@callahanpickleball.com. Web site: <https://callahanpickleball.com/>
4. Other local instructors:
 - a) Lisa Frumhoff, (314) 393-7653. <http://iamlisafrumhoff.com/pickleball/>
 - b) Mike Chapin, <https://pickleballinsider.com/listing/mike-chapin-2/>
5. Beginning lessons in Crestwood at St. Elizabeth's of Hungary Church, 1420 Sappington Rd, between Big Bend and Watson. The cost is \$3.00 per session. Call Dale Florence at (618) 767-0069
6. A web site for everything pickleball in St Louis: <https://www.stlouispickleball.com/>
7. A group of intermediate players can be found playing just about every morning in University City at either of these locations, depending on the weather.
 - a) Centennial Commons in Heman Park, 7210 Olive Blvd. (314) 505-8625. Buy a 10-session card for \$20, or use your "Renew Active" membership that may be offered by your medical insurance company.
 - b) Kaufman Park, 8025 Blackberry.